



In the Kitchen

with Barb Agee ~ April 2018

Miso Delicious

Miso has got it all. This fermented soybean paste is salty-sweet and packed with good for you probiotics. Its savory umami-ness is great tossed with vegetables before roasting or sautéing; whisked into a dressing or marinade or even added into an apple pie.



Miso-Honey Glazed Turnips

- 1 pound spring white turnips, washed and each turnip cut into 4 wedges**
- 2 tablespoons butter
- 1 tablespoon white miso
- 1 tablespoon honey
- Kosher salt

Put the turnips in an 8-inch wide saucepan and arrange snugly. Mix the butter, miso and honey together; pour over the turnips. Add enough water to just cover the turnips and sprinkle with ½ teaspoon salt.

Cook over high heat, shaking the pan occasionally, until most of the liquid has reduced to a syrupy glaze and the turnips are tender, 8 to 12 minutes. If the glaze is done before the turnips, add up to ½ cup water. If the turnips are done first, remove the turnips and boil the liquid until syrupy. Lower the heat to medium and toss the turnips to coat with the glaze. Season to taste with salt. Serve immediately.

Serves 4

**If spring turnips are not available, may use larger turnips, peeled and cut into 1-inch wedges. May also use peeled sweet carrots, peeled and cut into 1-inch chunks.

Cabbage Salad with Miso Vinaigrette

- 3 tablespoons unseasoned rice vinegar
- 1 tablespoon red miso paste
- 2 tablespoons canola oil
- 1 teaspoon roasted sesame oil
- 2 teaspoons reduce sodium soy sauce
- 1 tablespoon honey
- 1 garlic clove, minced
- 1 cup julienne-cut carrots (about 2 medium)
- 1 pound head Napa cabbage, coarsely chopped
- 1 cup daikon radish, peeled and julienne-cut
- 3 green onions, cut on the diagonal
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- ½ cup roasted salted cashew nuts, coarsely chopped
- ¼ cup fresh cilantro leaves
- 2 tablespoons toasted sesame seeds

Combine the first 7 ingredients in a small bowl, stirring with a whisk. In a large bowl combine the carrots, cabbage, daikon radish and green onions; toss to mix. Add enough dressing to lightly coat the vegetables; sprinkle with salt and pepper to taste.

Sprinkle cashews, cilantro and sesame seeds over salad. *Serves 8*

Three-Bean Miso Chili

2 tablespoons olive oil	Kosher salt
1 medium yellow onion, finely chopped	Freshly ground black pepper
3 garlic cloves, finely chopped	1 cup roasted red peppers, chopped
½ poblano chile, seeded and chopped	2 tablespoons white miso paste
2 teaspoons cumin	3 tablespoons creamy peanut butter
1 tablespoon chili powder	1 quart chicken or vegetable stock
One 15½ ounce can Great Northern beans, rinsed and drained	½ cup sharp Cheddar cheese, shredded
One 15½ ounce can garbanzo beans, rinsed and drained	1 small ripe avocado, sliced
One 15½ ounce can kidney, rinsed and drained	

Heat oil in a Dutch oven or soup pot over medium heat. Add onion, garlic and poblano pepper; cook, stirring often until softened, about 5 minutes. Add cumin, chili powder, ½ teaspoon salt and ¼ teaspoon pepper. Sauté for 1 minute. Add in the roasted red peppers, miso and peanut butter; cook 1 minute or until miso and peanut butter are blended with the onion mixture.

In a food processor pulse the onion miso mixture until smooth adding a small amount of stock if needed. Return onion miso mixture to the stock pot with the remaining chicken stock and beans. Increase heat to high; bring to a boil.

Reduce heat to medium and simmer uncovered for about 30 minutes.

Ladle into 6 bowls; top with cheese and avocado slices. *Serves 6*

Miso-Crusted Halibut with Asparagus and Mushrooms

1 pound asparagus, trimmed	Kosher salt
4 tablespoons butter, melted	½ cup panko breadcrumbs
1 tablespoon white miso paste	2 tablespoons olive oil, divided
1 small orange zested and cut into wedges	6 ounces mushrooms, stems removed and halved
4 halibut fillets (about 24 ounces), skins removed	

Preheat oven to 400°F. Line a rimmed baking pan with foil.

Mix butter, miso and 1 teaspoon orange zest until smooth. Place halibut on one end of the pan with mushrooms next to the fillets. Sprinkle halibut with salt and drizzle two-thirds of the butter/miso mixture over the halibut and mushrooms. Set the ⅓ of the butter/miso mixture aside in a small bowl.

In the same bowl used to mix the butter/miso mixture, add in the panko. Drizzle with 1 tablespoon of olive oil and mix. Press 2 tablespoons of the panko mixture on each fillet.

Bake in the oven for 10 minutes. Toss the asparagus with the remaining butter/miso mixture and 1 tablespoon of olive oil. Add to the baking sheet and continue to roast for 5 to 6 minutes or until the halibut until the flakes easily and asparagus is tender crisp. Remove the oven and drizzle everything with a squeeze of fresh orange juice.

Serve with the remaining orange wedges. *Serves 4*

